



Calorie Smart Turkey Fajita Bowls with Seasoned Rice

Calorie Smart 30 Minutes



Turkey Breast Portions



Yellow Onion



Sweet Bell Pepper



Green Bell Pepper



Garlic, cloves



Mexican Seasoning



Jasmine Rice



Enchilada Spice Blend



Chicken Broth Concentrate



Green Onions

HELLO TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Yellow Onion	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Green Bell Pepper	200 g	400 g
Garlic, cloves	2	4
Mexican Seasoning	2 tbsp	4 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Enchilada Spice Blend	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Green Onions	1	2
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1 Make rice

Heat a medium pot over medium heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **half the Mexican Seasoning** and **rice**. Cook, stirring often, until toasted, 2-3 min. Add **1 ¼ cups water, broth concentrate** and **¼ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



4 Cook turkey

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown all over and cooked through, 6-8 min. ** Transfer **turkey** to a plate.



2 Prep veggies

While **rice** cooks, peel, then cut **onion** into ¼-inch slices. Peel, then mince or grate **garlic**. Core, then cut **peppers** into ¼-inch slices. Thinly slice **green onion**.



5 Cook veggies

Heat the same pan over medium-high. When hot, add **1 tsp oil** (dbl for 4 ppl), then **peppers, onions, garlic, Enchilada Spice Blend** and **remaining Mexican Seasoning**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender-crisp, 2-3 min. Add **turkey** and **¼ cup water** (dbl for 4 ppl) to the pan and stir to combine. Cook, stirring frequently, until **sauce** thickens slightly, 1-2 min.



3 Prep turkey

Pat **turkey** dry with paper towels, then cut into ¼-inch slices. Season with **salt** and **pepper**.



6 Finish and serve

Fluff **rice** with a fork. Divide **rice** between plates. Top with **turkey** and **veggies**. Sprinkle **green onions** over top.

Dinner Solved!